

Event: DECARUN
Organiser: Decathlon Koszalin
Date: 2017-08-15
Place: Koszalin
Distance: 10 km



Classification: K-Open

Place	Participant	Number	Club	Category	MCat	Start All 2.5km	Start All 5km	Start All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	MICHAŁOWSKA Ewelina	185		K-18	1	00:11:14	00:22:21	00:33:34	00:44:32.90		4:27	13.5 (100%)
2	SZABLA Ewelina	291	TKKF KOSZALIN	K-18	2	00:11:22	00:22:53	00:34:44	00:46:07.00	+00:01:34 (3.4%)	4:36	13 (96.3%)
3	ZIÓŁKOWSKA Małgorzata	339		K-18	3	00:11:58	00:24:21	00:37:02	00:49:25.70	+00:04:52 (9.9%)	4:56	12.1 (89.6%)
4	DĄBROWSKA Alicja	52	TKKF KOSZALIN	K-50	1	00:12:25	00:25:04	00:37:38	00:49:49.75	+00:05:16 (10.6%)	4:59	12 (88.9%)
5	SZABAT Milena	290	DECATHLON SŁUPSK	K-18	4	00:12:43	00:25:11	00:37:52	00:50:38.50	+00:06:05 (12.0%)	5:03	11.8 (87.4%)
6	NAPIERAŁA Ewa	199		K-40	1	00:11:52	00:24:51	00:37:54	00:50:55.00	+00:06:22 (12.5%)	5:05	11.8 (87.4%)
7	DUK Magdalena	59		K-40	2	00:12:27	00:25:15	00:38:49	00:51:54.60	+00:07:21 (14.2%)	5:11	11.6 (85.9%)
8	PLUTA Katarzyna	228		K-18	5	00:13:46	00:27:27	00:40:59	00:54:06.40	+00:09:33 (17.7%)	5:24	11.1 (82.2%)
9	ORŁOWSKA Kamila	205		K-18	6	00:13:08	00:27:14	00:41:17	00:55:05.65	+00:10:32 (19.1%)	5:30	10.9 (80.7%)
10	MIKOŁAJCZAK Luiza	190	FSD	K-18	7	00:12:50	00:26:42	00:40:59	00:55:10.20	+00:10:37 (19.3%)	5:31	10.9 (80.7%)
11	TOMICKA Małgorzata	310	BABECZKI KOSZALIN	K-18	8	00:13:33	00:27:17	00:41:19	00:55:15.90	+00:10:43 (19.4%)	5:31	10.9 (80.7%)
12	GZELA Olga	88	ROZBIEGANY KOSZALIN, BABECZKI KOSZALIN	K-18	9	00:12:51	00:26:57	00:41:22	00:55:51.95	+00:11:19 (20.3%)	5:35	10.7 (79.3%)
13	PIASZCZYŃSKA Magdalena	218		K-18	10	00:13:44	00:27:56	00:42:23	00:56:04.00	+00:11:31 (20.5%)	5:36	10.7 (79.3%)
14	POLAŃSKA Katarzyna	231		K-18	11	00:13:35	00:27:28	00:41:48	00:56:13.90	+00:11:41 (20.8%)	5:37	10.7 (79.3%)
15	MICHALSKA Ewelina	184		K-18	12	00:13:55	00:28:09	00:42:43	00:56:46.90	+00:12:14 (21.5%)	5:40	10.6 (78.5%)
16	MARKOWSKA Iwona	174		K-40	3	00:13:31	00:28:06	00:42:35	00:57:27.00	+00:12:54 (22.5%)	5:44	10.4 (77.0%)
17	WIKTOROWICZ Małgorzata	324	CIOTECZKI.PL	K-40	4	00:14:35	00:29:06	00:43:53	00:58:32.15	+00:13:59 (23.9%)	5:51	10.3 (76.3%)
18	RASZPLA Ilona	242	CIOTECZKI.PL	K-40	5	00:14:35	00:29:06	00:43:53	00:58:56.60	+00:14:23 (24.4%)	5:53	10.2 (75.6%)
19	DOMAŃSKA Katarzyna	55		K-40	6	00:14:01	00:28:56	00:44:16	00:59:31.60	+00:14:58 (25.2%)	5:57	10.1 (74.8%)
20	KUKIOŁCZYŃSKA Lidia	154		K-18	13	00:14:48	00:29:28	00:44:30	01:00:01.75	+00:15:28 (25.8%)	6:00	10 (74.1%)
21	RADOMSKA Kamila	237		K-18	14	00:14:15	00:29:32	00:45:18	01:01:02.75	+00:16:29 (27.0%)	6:06	9.8 (72.6%)
22	FORDOŃSKA Magdalena	67		K-40	7	00:14:51	00:30:15	00:45:54	01:01:38.10	+00:17:05 (27.7%)	6:09	9.7 (71.9%)
23	JURCZYSZYN Zyta	109	CZAPLINEK BIEGA	K-40	8	00:14:34	00:29:54	00:47:01	01:02:35.95	+00:18:03 (28.8%)	6:15	9.6 (71.1%)
24	SUSKA Joanna	288		K-18	15	00:15:04	00:30:41	00:46:41	01:02:52.50	+00:18:19 (29.1%)	6:17	9.5 (70.4%)
25	SZYLKA Justyna	301		K-18	16	00:14:35	00:30:20	00:47:39	01:04:31.50	+00:19:58 (31.0%)	6:27	9.3 (68.9%)
26	KOZŁOWIECKA Małgorzata	141		K-50	2	00:15:55	00:33:11	00:50:50	01:08:29.75	+00:23:56 (35.0%)	6:50	8.8 (65.2%)
27	PASEK Paula	210		K-18	17	00:15:26	00:31:54	00:49:42	01:09:17.30	+00:24:44 (35.7%)	6:55	8.7 (64.4%)

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28	WIELIKDZIĘŃ Aleksandra	322	DECATHLON SŁUPSK	K-18	18	00:16:36	00:34:08	00:52:21	01:09:19.90	+00:24:47 (35.7%)	6:56	8.7 (64.4%)
29	DROZD Magdalena	57	DECATHLON SŁUPSK	K-18	19	00:16:36	00:34:08	00:52:21	01:10:19.90	+00:25:47 (36.7%)	7:02	8.5 (63.0%)
30	KRAWCZUK -KIEŁB Anna	145	ŻYJ Z ENERGIA	K-40	9	00:17:47	00:36:20	00:55:16	01:14:46.35	+00:30:13 (40.4%)	7:28	8 (59.3%)

Total 30 results.